

ANNUAL ALPINE RUNNERS PREDICTOR RUN AND MARATHON TRAINING MID-SEASON SUMMER PICNIC/PARTY: SUNDAY, JULY 30 AT NOON

This year the Alpine Runners Predictor Run will be held at:

Moraine Hills State Park
914 S. River Road
McHenry, IL 60050.

We will meet at the White Tail Prairie Parking Area. There is a great playground for the kids!

So, what is the Alpine Predictor Race?

- It is a race put on by the Alpine Runners for Alpine Runners only!
- You must be a paid member to participate, but there is no fee for the race.
- The course and distance will not be revealed until race day.
- Just prior to the start of the race, a map of the course and the total distance will be shared with all participants.
- The distance is usually between 2 and 5 miles. Due to the heat predicted for summer, the 2017 course is fairly short so all of our Alpine Runners can finish it even if they walk the entire race!
- Once the course and distance is known, each runner will predict how long it will take them to run the course.
- The runner finishing closest to his/her predicted time wins first choice of awards donated by our sponsors!
- Watches, GPS devices, and MP3 players are not permitted, and yes, we will be checking!!
- Bottled water will be supplied at the start, finish, and one stop along the course.

Please arrive early to check out the course and distance before entering your predicted time.

The race will start promptly at 12:00 Noon. Arrive by 11:30 a.m. (note – the park opens at 8am if you want to get in a few extra miles). Be sure to wear sunscreen and you may also want to bring some insect repellent.

Awards for this event are donated by many of our own Alpine members and by our Alpine sponsors. Please let Glenn Jewett at glenjew@cdw.com know if you would like to make a donation for the awards; we can always use your support! The first place winner (closest to predicted time) gets first choice of the prizes. After that, the next closest will have the next choice and so on, until we run out of prizes.

The picnic will begin after the run! We are asking our members to please bring a dish to share and the club will provide the beverages (beer, soda, and water) and hotdogs. This is a great opportunity for you and your new running friends to gather around in a social atmosphere swapping running stories and relaxing. Guests are welcome! If you can't be there for the run, come afterwards for the party. We will be there from 11:15 AM until 4:00 PM.